**H&SC COMP 3 KNOWLEDGE ORGANISER – A1 Factors Affecting Health**

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| **Topic** | **What I need to know…** |
| **A1 Definition of health and wellbeing**  | The definition of health and wellbeing is:* A combination of physical health and social and emotional wellbeing and not just the absence of disease of illness
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| **A1 Physical factors that affect health and wellbeing**  | Physical factors that can have positive or negative effects on wellbeing are:* Inherited conditions – sickle cell disease, cystic fibrosis
* Physical ill-health – cardiovascular disease, obesity, type 2 diabetes
* Mental ill health – anxiety, stress
* Physical abilities
* Sensory impairments
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| **A1 Lifestyle factors that affect health and wellbeing**  | Lifestyle factors that can have positive or negative effects on wellbeing are: * Nutrition
* Physical activity
* Smoking
* Substance misuse
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| **A1 social factors that affect health and wellbeing**  | Social factors that can have positive or negative effects on wellbeing are: * Supportive and unsupportive relationships
* Social inclusion or social exclusion
* Bullying
* Discrimination
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| **A1 Cultural factors that can affect health and wellbeing**  | Cultural factors that can have positive or negative effects on wellbeing are: * Religion
* Gender roles and expectations
* Gender identity
* Community participation
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| **A1 Economic factors that can affect health and wellbeing** |  Economic factors that can have positive or negative effects on wellbeing are: * Employment situation
* Financial resources –income, inheritance, savings
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| **A1 Environmental factors that can affect health and wellbeing** | Environmental factors that can have positive or negative effects on wellbeing are:* Housing needs
* Housing conditions – cramped conditions/mould/unhygienic environment; space/hygienic environment
* Housing location
* Home environment – living with high level of parental conflict, abuse and neglect
* Exposure to pollution – air, noise and light
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| **A1 The impact of PIES and wellbeing due to life events** | The impact of life events on PIES due to the following life events:* Physical events
* Relationship changes
* Life circumstances
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